



FREE ONE-PAGE TOOL 07 | SURVIVOR SUPPORT

Boundaries in Plain Language

A boundary can be brief, kind, and firm. You do not owe a long defense of it.

1 Name the limit

What contact, topic, or task is too much right now?

2 Use fewer words

A short sentence is easier to repeat when you feel pressured.

3 Plan the next move

If the limit is ignored, decide whether you can leave, end the call, or ask for support.

A phrase you can borrow

"I am not discussing that today. I can talk about [safer topic] instead."

Make it yours

A boundary I want to practice in my own words:

This free sheet offers education and peer support, not individualized medical, mental-health, legal, or safety advice. If you are in immediate danger in the U.S., call 911. For crisis support, call or text 988. If someone may monitor your device, consider a safer way to access this resource.

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